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**----CLUB----**

**----TEAM----**

**2016-17 TRYOUTS**

**Here is a brief summary of what you can expect if your child is selected on the team:**

**COACHES**

**Head Coach (certification): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Assistant Coach (certification): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Assistant Coach (certification): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Assistant Coach (certification): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TEAM OBJECTIVES**

***Share your goals for the team this season. Indicate whether your goals are performance or result oriented (Delete highlighted text when done editing)***

**TRAINING**

**Number of practice(s) / week:** \_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| Day of the week | Time | Location |
|  |  |  |
|  |  |  |
|  |  |  |

**Physical training (Y/N)** \_\_\_\_\_\_\_\_ **Day/Time/Location \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Nutrition training (Y/N) \_\_\_\_\_\_\_ Day/Time/Location \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Mental Performance (Y/N) \_\_\_\_\_\_\_ Day/Time/Location \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**COMPETITION**

**Number of age-group OVA tournaments: \_\_\_\_\_\_\_\_**

**Number of “play-up” OVA tournaments: \_\_\_\_\_\_\_\_**

**Number of tournaments in the USA: \_\_\_\_\_\_\_\_**

**Number of other tournaments: \_\_\_\_\_\_\_\_**

**Ontario Championships (age groups): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**National Championship (Y/N): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**OTHER MANDATORY ACTIVITIES**

**COST**

**The cost for the season will be between \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_**

**This includes:**

**The following is not included and will have to be paid by the parents:**

**OVA SIGNING PEROIDS**

There are two signing periods associated with the current OVA Tryout Window Policy:

* + - * Phase 1: September 18th - 19th – All offers expire September 19th at 11:59pm
* Phase 2: September 24th - 25th –All offers expire September 25th at 11:59pm

\*Note: If an athlete and/or parent is given an OVA Offer Form during Phase 1 and does not commit to that club by September 19th at 11:59pm the offer will be considered null and void.